



Boys & Girls Club Services
of Greater Victoria

Parenting Programs
Fall 2013

Parenting Without Power Struggles Workshop

HELPING PARENTS AND PRETEENS / TEENS GROW TOGETHER

Would you like the opportunity to strengthen your relationship with your preteen while increasing your parenting knowledge and confidence in a non-judgemental group setting?

The Boys and Girls Clubs of Canada – Parenting Without Power Struggles Workshops offers practical support ideas, in a safe, confidential environment for parents of preteens, ages 8-13.

WORKSHOPS MAY BE ATTENDED AS INDIVIDUAL EVENTS OR AS A SERIES!

PARENTING WITHOUT POWER STRUGGLES WORKSHOP VICTORIA

TOPIC/DATE: WEEK ONE Parenting our Emerging Adolescent - Wed., Nov. 20, 2013
Explore adolescent development and parents' changing roles

WEEK TWO Connecting Through Communication - Wed., Nov. 27, 2013
Build connections through respectful communications

WEEK THREE Self-Care and Self-Understanding - Wed., Dec. 4, 2013
Learn about temperament traits and the importance of self-care

WHERE: Boys & Girls Club Services of Greater Victoria, 1240 Yates Street, Victoria

TIME: 6:30pm - 8:45pm

SUGGESTED COST: \$ 15 per person per workshop
\$ 40 per person for series of workshops
Subsidies Available | Please Inquire

REGISTRATION: Must pre-register as minimum seating available

FOR MORE INFORMATION / REGISTRATION CALL

Jan Townsend at 250.217.4929
or email: jtownsend@bgcvc.org

A full description of Parenting Programs offerings can be found at:
www.bgcvic.org



Boys & Girls Clubs of Canada
Clubs Garçons & Filles du Canada

Supporting Parents In Raising Their Families



United Way
Greater Victoria

Parenting Without Power Struggles is a copyrighted program of Boys and Girls Clubs of Canada and is generously funded provincially by the Ministry of Children and Family Development and locally by the United Way of Greater Victoria.